



### **Ovarian Hyperstimulation Syndrome (OHSS) Signs and Symptoms to Watch for**

Please call the clinic to review your symptoms with a nurse during office hours at 905-634-4440. After hours call please call the hospital and ask to speak to the IVF physician on call @ (905) 521-2100 ext 76443.

The following might be symptom of OHSS and need to be reported:

- ◆ Abdominal bloating and pain. Measurement around your abdomen at the level of the belly button that increases 5 cm or more in 24 hr. Please measure at the same time each day.

Date							
Girth							

- ◆ Weight gain, more than 2 lbs (1kg) in 24 hrs. Please measure at the same time each day.

Date							
Weight							

- ◆ Nausea / vomiting
- ◆ Shortness of breath
- ◆ Chest pain, coughing up blood
- ◆ Excessive fluid retention/bloating
- ◆ Unable to void (urinate) or very low urine output
- ◆ Leg redness and/or swelling

These symptoms may not occur until 5-7 days after the retrieval. If you are pregnant, the condition may last for several weeks.

The following is the treatment required for ovarian hyperstimulation.

For Mild Ovarian Hyperstimulation

- ◆ Lots of fluids (water, juice, Gatorade)

For Moderate Ovarian Hyperstimulation

- ◆ Lots of fluids (water, juice, Gatorade)
- ◆ Possible ultrasound at the clinic, depending on the severity (as assessed by the doctor)

For Severe Ovarian Hyperstimulation

- ◆ Hospitalization may be required
- ◆ In some cases removal of fluid from abdomen

Ovarian hyperstimulation may become severe and serious. Again, if you have any of the above symptoms, please contact our office.